

# Travelogion

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WELLNESS TRAVEL, THE NEW WAY TO EXPLORE YOUR LIFE



**AN IMMERSIVE ADVENTURE  
DESIGNED FOR YOUR MIND, BODY AND SOUL**



# Get to Know Travelogion

Travelogion is a 501(c)(3) non-profit organization whose mission statement provides assisted overseas travel adventures to brain tumors and cancer patients after treatment. Our programs are designed in the hope that the physical, emotional, and spiritual benefits of those trips will help to speed their recovery and enhance their quality of life

We just completed our 11 days quest to wellness in Costa Rica, which took place in the first two weeks of December 2020. Our roadmap took us on an unforgettable adventure while traveling through Jaco, Monteverde, and La Fortuna. We also visited Arenal and Tabacon. This adventure-packed trip was conceived as the ideal recipe for stress relief, which we need in those turbulent times. We found our peace on this trip, and we enjoyed the union with Nature, which rejuvenated our body, mind, and soul.

This wellness quest in Costa Rica was the well-coordinated effort of many professionals who provided a safe environment with much care. This immersive adventure is the perfect antidote to stress and helps us explore our lives deeper and more meaningfully. Next, we would like to share our wellness program and make it accessible to you.

# CATCH YOUR OWN DINNER

Costa Rica is one of the most biodiverse places in the world. With more than 95 world records from Costa Rica's inland and coastal waters, CR is recognized as one of the top sportfishing destinations worldwide. Our first stop on our trip is Los Suenos in the Jaco Herradura area, which offers unparalleled quality in luxurious settings. Our first adventure will take us on a 35 feet charter boat for deep-sea fishing where we can catch Dorado, Tuna, Wahoo, and Marlin.

## ALLOW YOURSELF TO DISCOVER THE MAGICAL WORLD OF COSTA RICA AND FOLLOW THE CALL OF NATURE

Our captain and the crew are all native professionals who are life-long fishermen. Familiar with the waters of the Pacific ocean, they will guide us on this journey.





## PRIVATE GOURMET DINING

After a long day of fishing, we will be taken for Private Gourmet dining at one of our local and long time favorite restaurant at Heraddura beach. The outdoor seating offers an amazing view of the sunset. The Chef will prepare the catch of the day in several different ways in the most exquisite way for your enjoyment. This is not a vacation trip but a quest for a lifetime memory.

# EXPERIENCE THE TRUE WELLNESS TRIP TO COSTA RICA

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## GET READY FOR SURFING, OFF-ROAD ATV RIDE, AND DISCOVER A HIDDEN RUSTIC RESTAURANT IN THE JUNGLE

### Big Thrills. spectacular Scenery, first rate Guides

There's no better way to discover the diverse beauty of Costa Rica than by grabbing the wheel of your own 4X4 ATV or UTV and blazing down off-the-beaten-track trails. About halfway through your exhilarating ATV tour, we will stop at a family-run rustic restaurant for a traditional tasty meal.

Once we get back to Jaco, we will go to the beach for an awesome surf lesson with professional local surfers. This will be your work out for a lifetime.

**FILL YOUR LIFE WITH  
ADVENTURES, NOT  
THINGS.**

**TRAVELOGION**





# MONTEVERDE THE CLOUD FOREST

## THE BEST ZIP-LINING, COFFEE FARM TOURS, AND BEAUTIFUL CLOUD FOREST HIKE

Monteverde is famous for its zip lines. So let's zoom 150m above the treetops and enjoy the view of the rainforest. Before you go flying down the zip lines, your guides will teach you all the techniques, including how to hold on to the cables and position your body.

## YOU WILL BE ABLE TO ENJOY SPECTACULAR CLOUD FOREST VIEWS FROM YOUR HOTEL ROOM AT TRAPP FAMILY LODGE

Once we contain our adrenalin rush, we will dedicate the rest of the day to agro-tourism and visit a local Coffee bean farm. Costa Rica exports only 1% of the world's coffee supply, but it is known to be the best quality. We will drink coffee, prepare and eat tapa de dulce, and tour around different plantations located therein.



**IMMERSE YOURSELF IN  
THE WEALTH OF HOT  
SPRINGS IN THE  
ARENAL VOLCANO ARE.**

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Next, our quest for wellness will take us to Tabacon Thermal Resort and Spa near Arenal Vulcano's base. Enjoy those healing thermal mineral spring river which comes directly from underneath the volcano. The many waterfalls and relaxing pools will rejuvenate your body, mind, and soul. Relax in the mighty embrace of nature and learn to live again.



# COSTA RICA

